

Learn From Mason Cox: Embracing Vulnerability and Courage

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Watch the video but when the video is paused, reflect on the questions below. The aim is to share these at the end of the video.

Pause 1 Reflection

Does Mason Cox's story have any examples of vulnerability and courage? (What was uncertain? What was risky, what had emotional exposure?)

Pause 2 Reflection

There is courage to start something new, but there is also courage to continue with something that is hard. Where on Mason Cox journey did you hear that he showed this type of courage?

Mason said he was told many times he wouldn't make it. Why is it important to be willing to vulnerable (not look good, be criticised, take a risk)? What would have happened if Mason gave up at this point?

When have you showed this type of courage or vulnerability with something new or unknown?

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Anxiety
Understanding

Upper Primary
Education Program

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